

# Sea-Going University Prepares for Maiden Voyage Around World

By DAVID J. OESTREICHER  
 United Press International  
 New York—A sea-going university with most of the educational advantages of land-based colleges and all of the pleasures of an ocean cruise will sail from New York this fall on its maiden voyage around the world.

The school is called the University of the Seven Seas. Its campus is the passenger liner "Seven Seas," a trim 482-foot vessel owned by the Holland-America line.

Backers of the university are hoping for an enrollment of 500 students when the "Seven Seas" steams out of New York harbor Oct. 22 on a 110-day voyage that will include stops at 23 ports.

The idea of a university at sea was first proposed in 1959 by the Rotary Club of Whittier, Calif. In March, 1961, the University of the Seven Seas became a legal entity. The non-profit organization is authorized by the California State Department of Education to grant degrees and issue transcripts.

The executive director is Dr. E. Ray Nichols Jr., former chairman of the department of speech and drama at Whittier, Calif., college.

Some facts and figures about the new university:

Tuition: A basic fee of \$400 per student each semester, plus passage costs ranging from \$1,590 for dormitory space on "C" deck to \$1,990 for two or four berth state-rooms on "A" and "B" decks. The passage fees include meals.

**Students Eligible**

Admission: Any student is eligible to apply, regardless of race or religion, who has maintained at least a "C" average in college or a "B" average in high school. Personal interviews are requested.

Curriculum: Liberal, with courses in almost all regular college subjects, including history, economics, English, foreign languages, sociology, astronomy and philosophy.

Faculty: Thirty-five members, including a dean of men and a dean of women. Most of the faculty are professors and assistant professors on sabbatical leave from their colleges and universities.

**Enters Agreement**

The University of the Seven Seas has entered into an agreement with Springfield, Mass., college under which credits between the two institutions will be interchangeable. Nichols said 12 other colleges and universities have agreed to accept credits earned aboard ship.

"We hope to reach credit agreements with several other schools before sailing time," Nichols said.

The maiden voyage, Nichols said, will include stops at Lisbon, Barcelona, Cannes, Rome, Naples, Beirut, Alexandria, Port Said, Suez, Bombay, Singapore, Bangkok, Hong Kong, Yokohama and Honolulu. The ship is scheduled to dock at San Diego, Calif., on Feb. 8, 1964—the end of the first semester.

The spring semester will begin Feb. 11 when the Seven Seas leaves for a 120-day voyage with stops at Honolulu, Yokohama, Hong Kong, Manila, Singapore, Rangoon, Madras, Colombo, Capetown, Buenos Aires, Montevideo, Cartagena, Kingston and finally to New York on June 9.

**Taken on Field Trips**

At each stop, Nichols said, students will be taken on field trips to acquaint them with the people and problems of foreign lands. "Each student," he said, "will thus be an informal ambassador of his home country." About 40 days will be spent in port during each semester.

Nichols added that the field trips will include meetings and discussions "with important political figures and prominent individuals." He said one such meeting has already been set up with President Sukarno of Indonesia.

At sea, classes will be held every day in the morning and afternoon except Sunday. Religious services—on Sundays

will be conducted by chaplains of the Protestant, Catholic and Jewish faiths.

As for recreation, the ship has a swimming pool, volleyball and badminton courts, shuffleboard areas and archery targets. "The recreational aspects of the ship will not be over-emphasized," Nichols said. "But they will not be ignored."

Nichols does not expect discipline to be a serious problem. "We are choosing our students on the basis of good character and a desire on their part to broaden their collegiate training through personal contact with people," he said.

Nichols said shipboard parties will be under the supervision of the dean of students but no alcoholic beverages will be permitted. Students desiring wine with their dinner may order it, however.

Any student falling below academic standards in his work will be placed on probation, Nichols said. If the student does not pull up to par within 10 days, he will be subject to dismissal.

**To Be Put Ashore**

A dismissed student, however, will not be cast ashore at the next port-of-call, and sent home, probably at the expense of the university.

Degrees will not be awarded, but transcripts of records will be sent to colleges or universities for credit.

(Inquiries should be directed to the executive director, University of the Seven Seas, P. O. Box 71, Whittier, Calif.)

## Dietitian Program Fights Food Fad Misinformation

By JEANNE LESEM  
 New York—A telephone answering service is fighting food fads and misinformation in nine American cities from Washington, D.C., to San Francisco.

The Dial-A-Dietitian program is operated by volunteers from local chapters of the American Dietetic Association, with financial aid from The Nutrition Foundation, incorporated.

In a recent progress report, TNF board chairman Daniel F. Gerber said 15 more cities or areas may adopt the plan. Gerber, president of Gerber Products company, added that the program is the brainchild of three Detroit dietitians—Muriel G. Wagner, E. Patricia Navin, and Marqueta C. Huyck.

It uses local telephone numbers at which professional dietitians answer non-medical questions about nutrition. Gerber said that subjects range from food values and substitutions to food preparation and buying, fads, fallacies, and dietary problems.

About one question in five concerns fads or fallacies, he added. Callers seeking medical information are always referred to their personal physicians. Here, from the ADA, are some typical questions and answers.

**Q—Do crash diets really work?**

A—Not for most people, and they can be harmful. The important thing is that they usually don't change the dieters' eating habits.

**Q—Are "health foods" better than ordinary foods?**

A—"Health foods" are fad foods—they are expensive and not nutritionally superior. You can get all the nutrients you need from a balanced diet of foods available at supermarkets and other ordinary food stores.

**Q—Is a low cholesterol diet advisable?**

A—That's for your personal physician to say. It should not be undertaken without medical advice and supervision, because self-medication may create diet deficiencies and harm normally healthy persons.

**Q—Will safflower oil help me lose weight?**

A—No. Adding calories from safflower oil to your regular diet may in fact help you gain weight. To lose, you must either spend more calories through exercise than you eat, or diet by eating fewer calories than you spend.

**Q—What is hydrogenated vegetable protein? (It is often listed among ingredients on packaged, processed foods.)**

A—It's a seasoning similar to soy sauce, used in such small amounts that it adds little or nothing to the protein content of the product.

**Q—Will massages help me lose weight?**

A—Scientific studies have shown that massages will not reduce local deposits of fat or cause any changes in the rate that food is used by the body. Probably the best massage is a pat on the back for a dieter, on a nutritionally safe weight reduction program, who also is moderately increasing his exercise.

**Q—Will vitamins prevent colds?**

A—We don't know of any evidence that proves that you can become "super-resistant" to colds by taking large amounts of any nutrient. Most vitamins above and beyond your body's needs are either wasted or, in the case of vitamins A and D, may be toxic in large amounts.

**Q—Are most of the food values in fruits and vegetables concentrated just under the skin, so that you throw away most food values when you peel these products?**

A—The amounts of nutrients lost by peeling fruits and vegetables are so small that peeling should cause no concern.

**Q—Will children miss important nutrients if they're fed powdered skim milk instead of homogenized milk?**

A—Only fat, if the skim milk you serve has vitamins A and D added, and is re-lipidized as the package label directs.

**Q—Is it all right to use mineral oil in salad dressing if you're dieting to lose weight? I've heard it doesn't give you any calories.**

A—Mineral oil is not a food. Chemically, it is different from food oils, and it seriously affects the body's use of vitamins A, D, E, K and carotene (provitamin A) dissolve in mineral oil and are not absorbed, so we definitely advise against its use with food. Anyone who uses it as a laxative should take it long after eating to minimize this effect.

**Q—Will the material of which a pot is made help preserve the nutrient value of vegetables cooked in it?**

A—Nutrient values are affected by cooking procedures, not the pot. The only exceptions are antique unlined copper pots in which food actually touches the copper. Modern copper pots are safe because the copper is on the bottom only, where it cannot touch the food. To preserve maximum food values, vegetables should be cooked in as large pieces, for as short a time and in as little liquid as possible.

Sheepmen herding their bands up to summer grazing in mountain pastures find the sheep settle down more quickly at night and are more contented if they are "salted" first.

## Try and Stop Me

By BENNETT CERF

WILEY BUCHANAN recalls an old fable that Spanish Statesman Salvador de Madaraga told every time he heard Soviet propagandists proposing world disarmament without full inspection.

The fable concerned a disarmament conference attended by all the animals. Each animal enthusiastically endorsed the abolition of a weapon he didn't happen to possess. The elephant proposed the abolition of talons. The eagle was equally enthusiastic over the notion of abolishing tusks. The lion wanted horns outlawed; the tiger poisoned quills. And so it went until the bear demanded the floor. "Let's abolish EVERYTHING," declared the bear heartily, "that is, everything except the great universal embrace!"



Dame Edith Sitwell thinks that the average English woman needs sprucing up. "Too often," Dame Sitwell complains, "she dresses as if she remembers being a mouse in a former incarnation—or expects to be one in the next!"

Near O'Hare Airport in Chicago there's a tavern with one of those shrunken heads behind the bar. The sign that adorns it reads, "He asked for credit."

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